

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<u>1</u> PowerCore Pilates 9:15-10:00	<u>2</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am  PowerCore Pilates 5:15-6:00pm Interval Training 6:15-7:00pm	<u>3</u> Bootcamp 6:30-7:15am PowerCore Pilates 9:00-10:00am  Booty Barre 5:15-6:00pm 20/20/20 6:15-7:15pm	<u>4</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am  CYCLE 5:15-6:00pm Power Yoga 6:15-7:30pm	<u>5</u> Barre Bootcamp 6:30-7:15am YogaLates 9:00-10:00am  YogaLates 5:15-6:00pm Cardio-Core 6:15-7:00pm	<u>6</u> Pure Yoga 8:00-9:00am Cardio Barre 9:15-10:00am  CYCLE 5:15-6:00pm <b>No Yoga</b>	<u>7</u> Booty Barre 8:15-9:00am	
<u>8</u> PowerCore Pilates 9:15-10:00	<u>9</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am  PowerCore Pilates 5:15-6:00pm Interval Training 6:15-7:00pm	<u>10</u> Bootcamp 6:30-7:15am PowerCore Pilates 9:00-10:00am  Booty Barre 5:15-6:00pm 20/20/20 6:15-7:15pm	<u>11</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am  CYCLE 5:15-6:00pm Power Yoga 6:15-7:30pm	<u>12</u> Barre Bootcamp 6:30-7:15am YogaLates 9:00-10:00am  YogaLates 5:15-6:00pm Cardio-Core 6:15-7:00pm	<u>13</u> Pure Yoga 8:00-9:00am Cardio Barre 9:15-10:00am  CYCLE 5:15-6:00pm Power Yoga 6:15-7:15pm	<u>14</u> Booty Barre 8:15-9:00am	
<u>15</u> PowerCore Pilates 9:15-10:00	<u>16</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am  PowerCore Pilates 5:15-6:00pm Interval Training 6:15-7:00pm	<u>17</u> Bootcamp 6:30-7:15am PowerCore Pilates 9:00-10:00am  Booty Barre 5:15-6:00pm 20/20/20 6:15-7:15pm	<u>18</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am  CYCLE 5:15-6:00pm Power Yoga 6:15-7:30pm	<u>19</u> Barre Bootcamp 6:30-7:15am YogaLates 9:00-10:00am  YogaLates 5:15-6:00pm Cardio-Core 6:15-7:00pm	<u>20</u> Pure Yoga 8:00-9:00am Cardio Barre 9:15-10:00am  CYCLE 5:15-6:00pm Power Yoga 6:15-7:15pm	<u>21</u> Booty Barre 8:15-9:00am	
<u>22</u> PowerCore Pilates 9:15-10:00	<u>23</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am  PowerCore Pilates 5:15-6:00pm Interval Training 6:15-7:00pm	<u>24</u> Bootcamp 6:30-7:15am PowerCore Pilates 9:00-10:00am  Booty Barre 5:15-6:00pm 20/20/20 6:15-7:15pm	<u>25</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am  CYCLE 5:15-6:00pm Power Yoga 6:15-7:30pm	<u>26</u> Barre Bootcamp 6:30-7:15am YogaLates 9:00-10:00am  YogaLates 5:15-6:00pm Cardio-Core 6:15-7:00pm	<u>27</u> Pure Yoga 8:00-9:00am Cardio Barre 9:15-10:00am  CYCLE 5:15-6:00pm Power Yoga 6:15-7:15pm	<u>28</u> Booty Barre 8:15-9:00am	
<u>29</u> PowerCore Pilates 9:15-10:00	<u>30</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am  PowerCore Pilates 5:15-6:00pm Interval Training 6:15-7:00pm	<u>31</u> Bootcamp 6:30-7:15am PowerCore Pilates 9:00-10:00am  Booty Barre 5:15-6:00pm 20/20/20 6:15-7:15pm					

Fee: \$13.00 for drop-ins; discounts are available for monthly registration and family registration.

*Schedule is subject to change; changes/cancellations are announced at class and by email.*

Call Kati Mellecker @ 978.514.2193 or visit [www.katespowerhouse.com](http://www.katespowerhouse.com)